



ABOUT ME

Results-driven and certified fitness trainer with a passion for helping clients achieve their healthand wellness goals. Seeking a challenging position in a reputable fitness facility where I canutilize my skills, knowledge, and experience to provide exceptional training and guidance.

LANGUAGES

- ENGLISH
- ARABIC

PERSONAL DETAILS

Date of birth
29 Sep 1997

Nationality
Egypt

Visa status
Emirates ID

Marital status
Single

RANA AHMED
CERTIFIED PERSONAL TRAINER

- Al Khalidiyah Street, Abu Dhabi, United Arab Emirates, UAE
- +971527293388
- ranaelsayd2010@gmail.com

WORK EXPERIENCE

- FITNESS FIRST GYM
Dubai
Feb 2025 - Present

Personal trainer

 - Designed and executed customized fitness programs aligned with client goals and fitness levels.
 - Conducted fitness assessments, tracked progress, and adjusted plans for optimal results.
 - Provided one-on-one coaching and nutritional guidance to enhance client performance.
 - Led engaging group classes, ensuring safety and proper form for all participants.
 - Collaborated with gym staff to organize fitness challenges and member engagement initiatives.
- GYMNATION AL KHALIDIYAH
Abu Dhabi
Nov 2023 - Feb 2025

Personal trainer

 - Offer nutritional guidance, Track client progress, Run one-to-one training sessions
 - Encourage the client to continue exercising and achieve their goals
 - Developing a training program that suits the client's needs and goals, taking into account their fitness level and health status
 - Teaching the client's how to perform exercises correctly and safety, focusing on proper form and techniques
- VB20 EMS STUDIO
Cairo
2020 - 2023

Personal trainer

 - Developed and implemented customized fitness programs
 - Conducted assessments and provided guidance on exercise techniques, nutrition, and lifestyle modifications
 - Monitored and tracked client progress, adjusting training programs as needed
 - Motivated and inspired clients through regular check-ins and positive reinforcement
 - Collaborated with other fitness professionals and healthcare providers
 - Led group fitness classes
- SMART GYM
Cairo
Jan 2018 - Dec 2020

Personal trainer

 - Assisted clients in identifying fitness goals and developed personalized exercise plans
 - Provided ongoing support, addressing concerns or obstacles
 - Conducted fitness assessments and monitored progress
 - Led small group training sessions
 - Organized fitness challenges and events
 - Conducted fitness orientations and equipment demonstrations
- GOLDS GYM
Cairo
2016 - 2017

Personal trainer

 - Led group fitness classes, including cardio, strength training, and HIIT workouts
 - Provided exercise instruction and modifications for participants of various fitness levels
 - Ensured a safe and motivating environment for all participants
 - Developed and implemented new class formats to keep members engaged
 - Assisted with member inquiries and provided fitness advice

EDUCATION

- REPS LEVEL 3 IQ CERTIFICATION
UAE
2024

Professional Personal Trainer IQ

Specialized in advanced program design, client motivation, and injury prevention strategies.
- INSPIRE FITNESS ACADEMY
UAE
2024

Advanced Program Design Certification

Specialized in creating advanced, personalized workout plans for clients with different fitness goals.
- ISSA CERTIFICATE GOLDS ACADEMY
Egypt
2023

ISS Certified Personal Trainer

Understand muscle and bone structure, create customized training plans, prevent injuries, choose effective exercises for clients, and integrate diet for better results
- CPR COURSE HSS
Egypt
2023

CPR Certification

Life saving techniques for cardiac emergencies
- AIN SHAMS UNIVERSITY - CAIRO
Cairo
2019

Bachelor of European History